

Frederick County Child Health Partnership Minutes

Date: January 24, 2008

Location: Maryland Cooperative Extension Office, 330 Montevue Lane,
Frederick, MD

Attendees: Marylou Stone, Helen Monk, Angie Blair, Kathleen Emmerich,
Lana Tinney, Amy Robinette, Martha Herman, Susan Lindstrom,
Dan Nallo, Rebecca Comstock, Sara Shankle, Debbie Rhoades

1 - Agency Sharing

YMCA - Get on the Ball Initiative - Instead of sitting on chairs, staff is sitting on exercise balls. This strengthens the core muscles.

-Kids Spin - This is a biking class for kids ages 10 and up. The class is for 45 minutes. The leader gets the kids to vary the tension so that they are climbing hills and burn approximately 800 calories

FrederickTri - May 24th a youth triathlon is being held at Frederick High School for kids ages 7 to 13. They will swim at the high school and bike and run at Baker Park. There is a limit of 100 kids and the event is a fund raiser for Melanoma. More information can be obtained from the web site www.fredericktri.com

Head Start - Is trying a parent fruit and vegetable challenge in collaboration with the Health Department where the parents will be given a bingo card of fruits and vegetables to encourage them to try new food items. At the same time the staff will be having their own fruit and vegetable challenge.

School System - Orchard Grove Elementary is having an evening Health Fair in collaboration with the Wellness Center.

2 - Discussion

-Logo - Kathleen Emmerich mentioned that she discussed the logo with her sister who is in advertising and her suggestion was to

keep the current logo instead of being cutesy. Her thoughts were that the logo is straight forward and is not confusing.

Healthy City Campaign - The potential of this web site development was discussed and how it would be used and tagged into other campaigns.

-Opie the Otter - It was suggested that we explore this program and try to make it part of our web page.

-5,4,3,2,1,0 Campaign - It was discussed that we should incorporate this program as part of our web site also.

-211 System - It was discussed that whatever we develop, this system needs to be explored so that our 211 would know about any resource guide that is developed or how to locate it on the computer network. Also as we develop our resource guide, it would be advantageous to contact them to see what they have discovered already in the county.

3-Sign up for committees

The following three committees were discussed and a sign up sheet was distributed.

Web page for Partnership

Dan Nallo

Resource Guide

Martha Herman
Debbie Rhoades
Marylou Stone

Healthy City Campaign

Sara Shankle
Susan Lindstrom
Angie Blair
Kathleen Emmerich
Helen Monk

4- Next meeting

February 28, 2008 at 9:00 at the Frederick County Health
Department Auditorium, 350 Montevue Lane, Frederick, MD 21702

PS Dan Nallo would like his name added to the email list. His email is:

dnallo@frederickymca.org